# Bendy Breaky

級數: Easy Intermediate

編舞者: Miquel Mendez & Adrian Churm (UK) - May 2016

音樂: Bend Not Break - Josh Herbert

## Sec 1: Kick, step back, toe back, step forward x2

- 1 4 Kick right forward, step right back, touch back, step left forward.
- 5 8 Kick right forward, step right back, touch left back, step left forward.

### Sec 2: 1/4 turn, behind, side, ball step, side, weave left

- &1 2 <sup>1</sup>/<sub>4</sub> turn left right foot to the side, step left behind right. step right to the side.
- 3&4 Step ball of left behind right, recover forward onto right. Left to the side.
- 5&6& Step right behind left, step left to the side, step right across left, step left to the side.
- 7&8 Step right behind left, step left to the side, step right across.

### Sec 3: Side Rock, recover, sailor step 1/4 turn left, rock forward, recover, coaster step

- 1 2 Rock left out to the side, recover onto right
- 3&4 Step left behind right ¼ turn left, step right to the side, step left forward.
- 5 6 Rock right forward, recover back onto left.
- 7&8 Step right back, close left next to right, step right forward.

### Sec 4: Volta turns, jazz box ¼ turn right.

- 1& <sup>1</sup>/<sub>4</sub> turn left with left across right, step toes of right to the side.
- 2& <sup>1</sup>/<sub>4</sub> turn left with left across right, step toes of right to the side.
- 3& <sup>1</sup>/<sub>4</sub> turn left with left across right, step toes of right to the side.
- 4 <sup>1</sup>/<sub>4</sub> turn left step left foot forward.
- 5 6 Cross right over left, step left back.
- 7 8 <sup>1</sup>/<sub>4</sub> turn right right foot to the side, small step forward with left.

#### Restart wall 4: Dance up to and including section 2 on count 8 of section 2 touch right foot back

Ending: On the last repetition of the dance do not turn the jazz box at the end of section 4





拍數: 32

**牆數:**4